

WESTPORT YMCA MASTERS SWIMMING 26th ANNUAL GROUND HOG MEET

Sunday JANUARY 30, 2011

Sanctioned for USMS by Connecticut Masters

Warm-up 8:30 am Meet starts 9:30 am – *pool must be cleared by 1:15 pm*

Location – Westport YMCA – 59 Post Road East (center of Westport, CT) 25 yards - 6 lanes

Colorado Timing – seeding fast to slow – warm-up available throughout. 2011 USMS Rules apply. Times will be submitted for top ten. Open to registered Masters Swimmers (18 and over).

Entries – Pre meet. Entry fee \$30.00 for up to limit of five events. Checks payable to Westport YMCA Masters , must be received at P O Box 5, Westport, Connecticut 06881 by January 25, 2011 Deck Entries accepted until 9 AM Race Day at \$40.00 for up to five events. We are trying to encourage pre meet entries to enter on the computer prior to the date of competition.

Directions: From Merritt Parkway – Exit 41, South to 2nd traffic light after Merritt exit lights (Post Road, Rt. 1); left across bridge to 2nd traffic light (Main St.) turn left, take first right (one block). Parking in left or right lot. YMCA back entrance is on the right. From I-95 – Exit 17, go North to 2nd traffic light after Thruway exit lights (Post Rd. Rt. 1). Turn right, cross bridge, follow above instructions.

Bring or **SEND** a copy of your 2011 USMS Registration Card and complete the following form:

Entry form: Please complete and return with check or bring to meet.

Name _____ Age _____ Sex _____ USMS No _____

ORDER OF EVENTS:	Best Time		Best Time
1. 400 yard IM	_____	9. 200 yard IM	_____
2. 200 yard Back	_____	10. 200 yard Free	_____
3. 200 yard Butterfly	_____	11. 50 yard Fly	_____
4. 200 yard Breast	_____	12. 100 yard Breast	_____
5. 50 yard Free	_____	13. 50 yard Back	_____
6. 100 yard Back	_____	14. 100 yard Free	_____
7. 50 yard Breast	_____	15. 100 yard IM	_____
8. 100 yard Fly	_____	16. 500 yard Free(time permitting)	_____